


Final Group Four Marks May 2012 (Batch of 2013)

	Aspect 1	Aspect 2	Aspect 3	Total
Divyam	2	2	1	5
Yash. S.	2	1	1	4
Rit	2	2	2	6
Siddhant	2	2	1	5
Disha	1	2	1	4
Simran	2	2	2	6
Faiz	2	2	1	5
Yash. K.	2	2	1	5
Shyam	2	2	1	5
Shruti	2	2	2	6
Rimi	2	1	1	4
Yash. B.	2	2	2	6
Manasi	2	1	2	5
Jayshree	2	1	2	5
Aliasgar	2	2	2	6
Aryesh	2	2	2	6
Jai Govind	1	2	1	4
Rishab	2	2	2	6
Parth. C.	2	2	1	5
Fenil	1	2	1	4
Parth. T.	1	2	1	4
Ananya	2	2	2	6
Mitti	2	2	2	6
Manan	2	2	1	5
Average	2	2	1	5

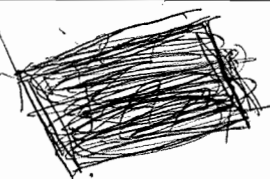

24/5/12

HOD Science

Group 4 Teacher Assessment (May 2012)

Teacher Name:

Name	Project	Teachers In-charge	Aspect 1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	J 2	A 1	2	
Yash. S.			A 1	A 1	2	
Rit. C.			J 2	J 2	2	
Siddhant			A 1	A 1	2	
Disha			A 1	A 1	2	
Simran			J 2	J 2	2	
Faiz	Recycling of Organic Waste	JC KK	A 1	2		
Yash. K.			A 1	1		
Shyam			A 1	2		
Shruti			J 2	2		
Rimi			A 1	2		
Yash. B.			J 2	2		
Manasi	Effectiveness of Aroma Therapy	BB AG	J 2	2		
Jayshree			A 1	2		
Aliasgar			A 1	2		
Aryesh			A 1	2		
Jai Govind			J 2	1		
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV	J 2	2		
Parth. C.			A 1	2		
Fenil			A 1	1		
Parth. T.			A 1	1		
Ananya			J 2	2		
Mitti			J 2	2		
Manan			A 2	1		



A

Group 4 Teacher Assessment (May 2012)

Teacher Name: VJ

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	2	2		
Yash. S.			1	2		
Rit. C.			2	2		
Siddhant			2	2		
Disha			1	2		
Simran			2	2		
Faiz	Recycling of Organic Waste	JC KK	2	2		
Yash. K.						
Shyam						
Shruti			2	2		
Rimi			2	2		
Yash. B.						
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2		
Jayshree			2	2		
Aliasgar			2	2		
Aryesh						
Jai Govind						
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV				
Parth. C.						
Fenil						
Parth. T.						
Ananya			2	2		
Mitti						
Manan			2	2		

Group 4 Teacher Assessment (May 2012)

Teacher Name: *AP*

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	2	2		
Yash. S.			2	2		
Rit. C.			2	2		
Siddhant			1	2		
Disha			1	1		
Simran			2	2		
Faiz	Recycling of Organic Waste	JC KK	2	1		
Yash. K.			2	2		
Shyam			2	2		
Shruti			2	2		
Rimi			2	2		
Yash. B.			2	2		
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2		
Jayshree			2	2		
Aliasgar			2	2		
Aryesh			2	2		
Jai Govind			1	1		
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV	2	2		
Parth. C.			2	2		
Fenil			2	2		
Parth. T.			1	2		
Ananya			2	2		
Mitti			2	2		
Manan			1	2		

Group 4 Teacher Assessment (May 2012)

Teacher Name: K V

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	2	2	1	5
Yash. S.			2	1	1	4
Rit. C.			2	2	2	6
Siddhant			2	1	1	4
Disha			2	1	1	4
Simran			2	2	2	6
Faiz	Recycling of Organic Waste	JC KK	2	1	1	4
Yash. K.			2	1	1	4
Shyam			2	2	1	5
Shruti			2	2	2	6
Rimi			2	2	1	5
Yash. B.			2	2	2	6
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2	1	5
Jayshree			2	1	1	4
Aliasgar			2	2	2	6
Aryesh			2	2	2	6
Jai Govind			1+1	1	1	3+1
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV	2	2	2	6
Parth. C.			2	1	1	4
Fenil			2	1	1	4
Parth. T.			2	1	1	4
Ananya			2	2	2	6
Mitti			2	2	2	6
Manan			2	1	1	4

K. G. Vinodh

Group 4 Teacher Assessment (May 2012)

Teacher Name:

SP

Name	Project	Teachers In-charge	Aspect 1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	2	2		
Yash. S.			2	1		
Rit. C.			2	2		
Siddhant			2	1		
Disha			2	1		
Simran			2	2		
Faiz	Recycling of Organic Waste	JC KK	2	1		
Yash. K.			2	1		
Shyam			2	2		
Shruti			2	2		
Rimi			2	2		
Yash. B.			2	2		
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2		
Jayshree			2	1		
Aliasgar			2	1		
Aryesh			2	2		
Jai Govind			2	2		
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV	2	2	2	Good.
Parth. C.			2	2	1	Did his project but well & displayed it well only lacked the real & active take part activity
Fenil			1	1	2	He did the report put more than presentation
Parth. T.			1	2	2	Good
Ananya			2	2	2	Good
Mitti			2	2	2	Good
Manan			1	2	1	the report work was done with interest no personal reflection given in spite of reminders

I have not seen the self reflection or the other groups.

P. K. S.

Group 4 Teacher Assessment (May 2012)

Teacher Name:

K K

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP	1		1	
Yash. S.			1		1	
Rit. C.			2		2	
Siddhant			1		1	
Disha			1		1	
Simran			2		2	
Faiz	Recycling of Organic Waste	JC KK	1	1	1	
Yash. K.			1	1	1	
Shyam			2	2	1	
Shruti			2	2	2	
Rimi			1	1	1	
Yash. B.			2	2	2	
Manasi	Effectiveness of Aroma Therapy	BB AG	2		1	
Jayshree			2		1	
Aliasgar			2		2	
Aryesh			1		1	
Jai Govind			1		0	
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV	2		2	
Parth. C.			1		1	
Fenil			1		0	
Parth. T.			1		0	
Ananya			2		2	
Mitti			2		2	
Manan			1		1	

Group 4 Teacher Assessment (May 2012)

Teacher Name: JC

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP				
Yash. S.						
Rit. C.						
Siddhant						
Disha						
Simran						
Faiz	Recycling of Organic Waste	JC KK	1	2	2	
Yash. K.			1	2	1	
Shyam			1	2	2	
Shruti			2	2	2	Good in planning & efforts
Rimi			1	2	2	
Yash. B.			2	2	2	Excellent in all areas
Manasi	Effectiveness of Aroma Therapy	BB AG				
Jayshree						
Aliasgar						
Aryesh						
Jai Govind						
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV				
Parth. C.						
Fenil						
Parth. T.						
Ananya						
Mitti						
Manan						

Group 4 Teacher Assessment (May 2012)

Teacher Name:

BB

Name	Project	Teachers In-charge	Aspect 1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP			2	
Yash. S.					1	
Rit. C.					1	
Siddhant					2	
Disha					2	
Simran					2	
Faiz	Recycling of Organic Waste	JC KK			1	
Yash. K.					2	
Shyam					1	
Shruti					2	
Rimi					-	
Yash. B.					2	
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2	2	
Jayshree			2	2	2	
Aliasgar			2	2	2	
Aryesh			2	2	2	
Jai Govind			1	2	2	
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV			2	
Parth. C.					1	
Fenil					1	
Parth. T.					1	
Ananya					2	
Mitti					2	
Manan					2	

Group 4 Teacher Assessment (May 2012)

Teacher Name:

AG

Name	Project	Teachers In-charge	Aspect1	Aspect 2	Aspect 3	Comment
Divyam	Aerated Drinks	KJ VJ AP			2	
Yash. S.					1	
Rit. C.					1	
Siddhant					2	
Disha					2	
Simran					2	
Faiz	Recycling of Organic Waste	JC KK			1	
Yash. K.					2	
Shyam					1	
Shruti					2	
Rimi					-	
Yash. B.					2	
Manasi	Effectiveness of Aroma Therapy	BB AG	2	2	2	
Jayshree			2	2	2	
Aliasgar			2	2	2	
Aryesh			2	2	2	
Jai Govind			1	2	1	
Rishab	Effective Analysis of Growth of Algae In Pond Water	SP KV			2	
Parth. C.					1	
Fenil					1	
Parth. T.					1	
Ananya					2	
Mitti					2	
Manan					2	



Peer-Assessment Form of Group 4 Project Seminar

Theme: Acupuncture

Presenters: Jayshree, Manasi, Tai, Ali, ...

Assessed by: Shyam Tajal

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	
	Good (1)	
	Poor/ not attempted (0)	✓

Comments:

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Peer-Assessment Form of Group 4 Project Seminar

Theme: Pond water

Presenters: Rishabh, Ananya,
Parth, Meeth, Fenil, Parth T.

Assessed by: Shruti Gadgil

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	✓
	Good (1)	✓
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Comments:

The ideas have been demonstrated briefly and also the
explanations are quite specific and ~~also~~ ^{also} tell about the
results were analyzed properly and were inter-related.



Peer-Assessment Form of Group 4 Project Seminar

Theme: Thumbs Up Presenters: _____

Assessed by: Yash Bhagat.

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	✓
	Good (1)	
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	
	Good (1)	✓
	Poor/ not attempted (0)	

Comments:

The physics aspect was dangling away from the Theme.
lack of contribution by everyone in the group.



Peer-Assessment Form of Group 4 Project Seminar

Theme: Recycling Waste Food.

Presenters: Yash B, Shyam, Shubhi,
Yashkawa, Farz.

Assessed by: Annamathapy

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	2 ✓
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	2 ✓
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Comments:

Good effort! Liked the topic!

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Peer-Assessment Form of Group 4 Project Seminar

Theme: Pond water.

Presenters: Ananya, Fenil, Mahan, Meeti,
Paath C, Paath T, Rishabh J.

Assessed by: Aroma therapy group.

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	2
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	2 ✓
	Good (1)	2
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Comments:

Well done!



Peer-Assessment Form of Group 4 Project Seminar

Theme: Thumbs Up. Presenters: Rit, Sid, Disha, Yash S,

Assessed by: Adithyan Aromatherapy Group Suman, Dnyan

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations <i>may</i> be used here, too.	Excellent (2)	2 ✓
	Good (1)	
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	
	Good (1)	1 ✓
	Poor/ not attempted (0)	

Comments:

Good effort!

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Group 4 Student Groups

First Group:

Teachers In-charge: KJ, VJ and AP

1. Divyam (Phy + Chem)
2. Yash. S. (Phy + Chem)
3. Rit (Phy)
4. Siddhant (Chem + Bio)
5. Disha (Bio)
6. Simran (Bio + Chem)

3 Biology Students, 3 Physics Students and 4 Chemistry Students.

4 Boys and 2 Girls

Second Group:

Teachers In-charge: JC and KK

1. Faiz (Phy)
2. Yash. K. (Phy)
3. Shyam (Phy)
4. Shruti (Chem + Bio)
5. Rimi (Bio + Chem)
6. Yash. B. (Bio + Chem)

3 Biology Students, 3 Physics Students and 3 Chemistry Students

4 Boys and 2 Girls

Third Group:

Teachers In-charge: BB and AG

1. Manasi (Phy + Chem)
2. Jayashree (Phy + Chem)
3. Aliasgar (Bio)
4. Manan (Bio)
5. Aryesh (Bio + Chem)
6. Jai Govind (Bio)

4 Biology Students, 2 Physics Students and 3 Chemistry Students

4 Boys and 2 Girls



Personal Reflection

Student: Shruti Gadiyar

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I was a motivator and also played a role in deciding the aims and procedures. Also I was involved in the technical part that is presentation and the movie.

Give some examples of how your contribution to the project could be described as collaborative:

→ working with the wording was not an easy task and the other thing was to get everyone at work in order to put in more ideas to our procedure.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

→ Strength: To motivate others and make them realise about their IB points and how important it was to work together.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: _____

Date: 09/05/2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Faiz Bhanji

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

My job was primarily to work on the experimentation & documentation in physics, but I did also help the other scientific

Give some examples of how your contribution to the project could be described as collaborative: aspect:

I ~~also~~ did my work when I was delegated to and I also opinionated on other aspects, which I believed I could improve. I tried my best to take the lead in physics.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

Strength - When working with intelligent and ~~hard~~ hard workers it added ~~fast~~ as well as intensity to ~~my~~ my work.

Weakness - I felt I wasn't as motivated as I normally am, probably because of lots of academic pressure from other directions.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Faiz Bhanji 1 2

Date: 9/5/2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Shyam Tajal

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

My role was ~~as~~ a physics student's and as a helper to people from other subjects and also shared equal views with other subjects and p.

Give some examples of how your contribution to the project could be described as collaborative:

The reason why I would like to say it as a collaborative job is that ~~that~~ people not only worked for their subject but also ~~also~~ worked for others.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I would say that it has improved my co-ordination with my team to a great extent, also has helped me to understand the values of teamwork.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Shyam Tajal

Date: 9-5-12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Jash Bhagat.

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I played the role of a motivator, trying to lead the group into working collaboratively and keeping a calm atmosphere.

Give some examples of how your contribution to the project could be described as collaborative:

There are many such examples - we all tried out mixing and filling the dung into a container, we all shortlisted topics and so came to a conclusive detail. Moreover, no one was just a bio or chem or

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I learned that not everything can be hushed and controlled. Some things should be left to destiny. I approached the task more calmly this time around and it resulted in the better.

Physics students.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Jash Bhagat

Date: _____

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: yash Karwa

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I was a very eccentric member. I calculated the physics reading & helped in making of the manure.

Give some examples of how your contribution to the project could be described as collaborative:

Making of manure
Physics Readings
Presentation

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

strengths - a group makes me work more & harder.
Weakness -

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: [Signature]

Date: May 2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Arjesh

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

was to find out the chemical elements present in essential oils.

Give some examples of how your contribution to the project could be described as collaborative:

I brought the oils. I made the chemistry part of the presentation

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I came to know about how to work more co-operatively with others

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2 <u>WAAA</u>	Approaches the project with self-motivation and follows it through to completion. <u>✓</u>	Collaborates and communicates in a group situation and integrates the views of others. <u>✓</u>	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience. <u>✓</u>
Partial/1	Completes the project but sometimes lacks self-motivation. <u>✓</u>	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: [Signature]

Date: 9/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Jai Covind

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

Work on the Biology aspect of the experiment with Alix and derive our results.

Give some examples of how your contribution to the project could be described as collaborative:

Ali and me were short of time and through collaborative teamwork we completed the experiments.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

The project has helped me to align my opinion into science as a whole again and the connections are clearer.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others. ✓	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation. ✓	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience. ✓
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Jai Covind

Date: 4-5-12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Jayshree Soren

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I was mainly associated with the Chemistry aspect of the experiment. I also made sure that the useful instruments for the experiment were there when needed. Volunteered in the biological aspect of the experiment.

well, I worked on the chemistry aspect of the experiment, made sure the data are ^{well} proper relevant and also made sure the data are safely stored in the laptop.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

It helped me become responsible, made me learn how to work collaboratively in group and also helped me gain more knowledge on the concept of Aromatherapy.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion. ✓	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: [Signature]

Date: 9th May 2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Manasi Goel

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

Do the physics experiment and presentation, help with the other parts of the presentation, connect the group

Give some examples of how your contribution to the project could be described as collaborative:

We addressed a common question and connected all the sciences together in our introduction and conclusion.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

there was a major set back for the physics experiment and timing so that helped me learn how to deal with the problems and it taught me about time management

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion. ✓	Collaborates and communicates in a group situation and integrates the views of others. ✓	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience. ✓
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Manasi Goel

Date: 09/05/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Ah Arjun Bootwalla.

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

My role was to be the ^{part} biology and help preparing the presentation and getting the group together.

Give some examples of how your contribution to the project could be described as collaborative:

We all focused on the same question, and we connected it all in our presentation.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

This project has given me a chance to be open-minded, and listen to my group mates idea. It has also allowed me to be responsible.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

2

1

2

Signed: Ah Arjun

Date: 9th May 2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: PARTH TANNA

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I collected the samples of water. I used the oxygen sensor to do my experiment.

Give some examples of how your contribution to the project could be described as collaborative:

The samples of water were the things being experimented on.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

It helped by communicative skills. It gave me responsibility skills as well. We learnt to work as a team and to help others.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Parth Tanna

Date: _____

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Fenil Sanghvi

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I calculated all the results in Biology and helped in analysing, evaluating the ~~exp~~ results in ~~Bio~~

Give some examples of how your contribution to the project could be described as collaborative:

I made all the results and helped in analysing the data in Biology

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

Strength: Understood the value of the teamwork.
Weakness: We should also collect more information and data.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1 Self-motivation and perseverance	Aspect 2 Working within a team	Aspect 3 Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Fenil

Date: 9/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Parth Chhajjar

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

^{major}
My role was in the physics department with my partner. And I collaborated with my partner well and we both were successful.

Give some examples of how your contribution to the project could be described as collaborative:

Working with each other, knowing about other subjects, worked and completed my experiment successfully. Completing the experiment with proper recordings. I helped the physics department which was vital.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

It has helped me adjust and working with others, coordinating properly, sharing ideas and knowing about new things. This will help me in the future too to work collaboratively. Team work has helped.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion. ✓	Collaborates and communicates in a group situation and integrates the views of others. ✓	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience. ✓
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Parth Chhajjar

Date: 08/05/2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Ananya Somani

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I performed the biology & chemistry experiments and helped analyse, evaluate the results especially for biology.

Give some examples of how your contribution to the project could be described as collaborative:

The biology experiments that I helped analyse provided insight into the effect of biotic factors in the pond water, whilst chemistry experiments helped in abiotic factors.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

Helped me understand the value of teamwork, how individual contributions are important. Strengths: working with others, weakness: evaluating results. I would like to work and improve in the future

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Ananya Somani

Date: 9/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Meeti Desai

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

Looked for the chemistry part in the group and helped in some biological aspects of collecting and evaluating data

Give some examples of how your contribution to the project could be described as collaborative:

All the factors were Abiotic and Biotic factors. The biotic factors were tested in biology and the abiotic factors were tested by chemistry and physics

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

Strengths: working and communicating within the group, teamwork
Weakness: evaluating data- needed help

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Meeti Desai

Date: 9/5/12

Accepted (teacher): Ms Sreekala Pillai

Date: _____



Personal Reflection

Student: Rishabh Jain

Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Outline your role within the group:

Investigator of specific test results of water in
division of 1 hour

Give some examples of how your contribution to the project could be described as collaborative:

Coming together, brainstorming, analyzing
and discussing for new to new ideas

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

To a large extent I coordinated with my
research partner and we worked hard.
I understood the value of teamwork.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Rishabh Jain

Date: 9/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Divyam Agrawal

Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Outline your role within the group:

Giving directions, conclusion getting required prep for the project

Give some examples of how your contribution to the project could be described as collaborative:

Because I did all the going around work to get the required ~~chem~~ goods so that the person ~~doing~~ performing experiment doesn't get distracted

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

This taught how important is group work ~~cause~~ as things cannot be done alone as it is said you cannot clap with one hand hence in future it will allow me to the fullest to work in group

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: [Signature]

Date: 9 May 2012

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Yash Sanjani

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

My role in the group was to conduct two physics experiments and I was the main incharge in noting down the results of the experiments conducted.

Give some examples of how your contribution to the project could be described as collaborative:

I helped the group by coordinating with the group and helping them. I was running around the three labs to note down the results after the experimental was conducted.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

This project has allowed me to learn about my strengths and weaknesses. I could have thought more on the chemical and physical aspect. ~~But~~ I was good with the physical aspect of the G4 project.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others. ✓	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation. ✓	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience. ✓
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: _____

Date: _____

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Disha.

Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Outline your role within the group:

I was ~~one~~ a biology student in the group, helping with biological aspect of the topic.

Give some examples of how your contribution to the project could be described as collaborative:

I helped the group with the biology exp. I was a sample & I experimented too.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I learnt that I can work well with small group.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience.
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Disha.

Date: 7/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Siddhant Goyal

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I helped I was one of the people carrying on the carbon dioxide test, and I also helped in finding the density of each material.

Give some examples of how your contribution to the project could be described as collaborative:

Being only a biology and chemistry student, I also got the pleasure to help Physics students with their part of the experiment. Although group members told me I did not have to, I stayed back with the boarders, to work with the presentation.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I have learnt more about my strength and weakness, as I have found out that I can still be good with Physics experiment without taking the subject. I also found out that I need to be more confident while working in a group, as I am very shy. I am gonna going to try to open up more to my classmates to gain confidence.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1 Self-motivation and perseverance	Aspect 2 Working within a team	Aspect 3 Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience. ✓
Partial/1	Completes the project but sometimes lacks self-motivation. ✓	Exchanges some views but requires guidance to collaborate with others. ✓	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Siddhant

Date: 9/5/12

Accepted (teacher): _____

Date: _____



Personal Reflection

Student: Simran Aggarwala

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

and carrying experiments for Bio, chem
I helped in deciding the various aspects
and also in producing the results and formatting
it in the presentation.

Give some examples of how your contribution to the project could be described as collaborative:

I researched on things up ~~and~~ to get to know about
its properties on which we could carry out the
experiments. I suggested the exp. for bio aspects. I also
formatted the presentation.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

time management was lacking so I can
improve on that.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1 Self-motivation and perseverance	Aspect 2 Working within a team	Aspect 3 Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion. ✓	Collaborates and communicates in a group situation and integrates the views of others. ✓	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation.	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: Simran Aggarwala

Date: _____

Accepted (teacher): _____

Date: _____



Peer-Assessment Form of Group 4 Project Seminar

Theme: Pond water

Presenters: Ananya, Rishabh J, Meeti
Parth T, Parth C, Fenil, Manan

Assessed by: Disha

Focus of Group's Project	Level of Achievement	Assessment
The group's theme is clear, relates to one of the 20 global issues and suits the scientific perspective. It is of global importance, with local relevance.	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Development of ideas	Level of Achievement	Assessment
The project clearly articulates various stages of development of the issue and its solutions, including causes, consequences and science-based solutions.	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: display materials	Level of Achievement	Assessment
Resources used to communicate the ideas and evidence in the project are clear, engaging and factually sound. The display is attractive and appropriate to the audience.	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Clarity of communication: group members' explanations	Level of Achievement	Assessment
All students in the group can clearly explain and answer questions about all aspects of their group's project.	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Evidence-based Science	Level of Achievement	Assessment
Key points made in the project are supported by authentic empirical evidence from reliable sources. Self-designed investigations may be used here, too.	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Interdisciplinary connections	Level of Achievement	Assessment
The group has made clear and authentic connections across the sciences, as well as with other subjects (such as Economics, politics, development, etc).	Excellent (2)	<input checked="" type="checkbox"/>
	Good (1)	
	Poor/ not attempted (0)	

Comments:

.....

.....

.....



Personal Reflection

Student: Rit Chatterjee

Personal reflections must be completed individually. Staple all personal reflections to this group evaluation and submit.

Outline your role within the group:

I was assigned to conduct the ~~other~~ Physics aspect of our experiment along with the Benedict's Test for our chemistry aspect.

Give some examples of how your contribution to the project could be described as collaborative:

~~He~~ I was a significant part in deciding our topic area and we had everyone who worked together while conducting the experiment.

To what extent has the Project allowed you to learn more about your own strengths and weaknesses in a group, and how could you build on this in future collaborative projects?

I ~~has~~ understood that it is needed to learn how to initiate a project and ~~we~~ improve communication skills.

Assess your own performance in **Personal Skills**, based on your contributions to the G4 Project:

Personal Skills	Aspect 1	Aspect 2	Aspect 3
	Self-motivation and perseverance	Working within a team	Self-reflection
Complete/2	Approaches the project with self-motivation and follows it through to completion.	Collaborates and communicates in a group situation and integrates the views of others.	Shows a thorough awareness of their own strengths and weaknesses and gives thoughtful consideration to their learning experience
Partial/1	Completes the project but sometimes lacks self-motivation. ✓	Exchanges some views but requires guidance to collaborate with others.	Shows limited awareness of their own strengths and weaknesses and gives some consideration to their learning experience.
Not complete/0	Lacks perseverance and motivation.	Makes little or no attempt to collaborate in a group situation.	Shows no awareness of their own strengths and weaknesses and gives no consideration to their learning experience.

Signed: [Signature]

Date: 9/5/2012

Accepted (teacher): _____

Date: _____



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Arvish Chaudhri, Jayshree Soren, Manasi Coel, Ali Asger
and Jai Govind
Theme: Aromatherapy

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.			✓	
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.			✓	
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.			✓	
All members of the group understood and were able to explain all aspects of our research.			✓	
We made good use of time and effective use of school resources in our project.			✓	

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

Our subjects for the Biology experiment were from other groups as well so we needed to work smoothly and efficiently. Whatever setbacks we had we overcame with pure organization. kudos to Ali.

Signed:

Arvish Jai Govind Jayshree Manasi Ali Asger



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Manasi, Jayashree, Aliya, Sai, Artyesh

Theme: Aroma therapy

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.		Strongly disagree	✓	
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.		Strongly disagree	✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.		Strongly disagree	✓	
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.			✓	
All members of the group understood and were able to explain all aspects of our research.			✓	
We made good use of time and effective use of school resources in our project.			✓	

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

challenges were that during the experiment day I
forgot the oils at home so I had to go home and get it

Signed:

Manasi Aliya _____



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Aayesh, Mahani, Tayshree, Jay, An Argen

Theme: Aromatherapy

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.		✓		
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.				✓

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

Getting resources was difficult
 Connecting the group was a challenge
 Collaborating with the group was difficult

Signed:



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Jayshree Soren, Ali Asger Bootwala, Artyesh Chaudhary, Manasi Gode,
& Jai Goward.

Theme: Aroma Therapy.

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.		✓		
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.				✓

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

getting resources was difficult
connecting the group was difficult
to collaborate in a given time was difficult
.....
.....
.....
.....

Signed: _____

[Signature] [Signature] [Signature] [Signature]



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Ar, Aryesh, Jai, Jayshree, Manasi

Theme: Aromatherapy

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.		✓		
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.				✓

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

Getting the resources was a challenge but we
eventually found an alternative. Time management
and connecting the group was challenging but
we overcame it.

Signed:

Jayesh Ar Jai Jayshree Manasi



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Aryesh, Ali, Manasi, Jayshree, Jai

Theme: Aromatherapy

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.		✓		
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.				✓

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

Getting the resource was difficult. Connecting the group was difficult. Collaborating in a specified time was challenging.

Signed:

[Signature] [Signature] [Signature] [Signature]



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Shruti, Rimi, Yash.K., Yash.B., Shyam, Faiz.

Theme: Recycling waste food.

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	.
All members of the group gave an equal and valuable contribution to the project.			✓	
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.				✓

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

The smell, the disgusting feel at touching it and getting everyone together was difficult.

Signed:

Bhagat Vijal [Signature] [Signature] [Signature]



Group Evaluation

This evaluation must be completed one time as a group. Personal reflections must be completed individually. *Staple all personal reflections to this group evaluation and submit.*

Group Members: Ananya, Meeti, Fenil, ParthT, ParthC, Rishabh Jain

Theme: Pond water

Be *honest* in your evaluation of your team's approach to the Group 4 Project.

	Strongly disagree			Strongly agree
Our group's research and presentation addressed the aims of the Group 4 Project.				✓
Our research was based on good scientific evidence and good-quality research, from reliable and cited sources.			✓	
As a group, we feel that we have achieved something worthwhile in the investigation of our issue.				✓
We worked <i>effectively</i> and <i>collaboratively</i> as a group.			✓	
All members of the group gave an equal and valuable contribution to the project.				✓
All members of the group understood and were able to explain all aspects of our research.				✓
We made good use of time and effective use of school resources in our project.			✓	

Concluding comments

Outline some challenges you faced and how you overcame them, and/or some of the biggest lessons learned as a group during this project.

- The light was switched off for photosynthesis
- We didn't know how to use the soil testing kit.
- so limited communication gap

Signed:

Meeti Desai Ananya ParthC

Name: JM

Essential oil: 3 Lavender

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5

(4)

3

2

1

4

2) How alert are you feeling right now?

5

4

(3)

2

1

~~3~~

3) Are you feeling _____ exhausted?

(5)

4

3

2

1

5

4) Are you _____ calm and relaxed?

5

(4)

3

2

1

4

5) Are you _____ happy/comfortable?

5

(4)

3

2

1

4

6) Are you _____ fatigued?

5

(4)

3

2

1

4

7) Are you _____ drowsy?

5

4

3

(2)

1

2

8) Are you feeling _____ numb?

5

4

3

2

(1)

1

9) Are you _____ annoyed?

5

4

3

2

(1)

1

10) Are you cheerful?

5

(4)

3

2

1

4

32

Name:

Jai

Essential oil:

Lavender

PR
66Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5

~~4~~

3

(2)

1

2

2) How alert are you feeling right now?

5

4

3

(2)

1

2

3) Are you feeling _____ exhausted?

(5)

4

3

2

1

5

4) Are you _____ calm and relaxed?

(5)

4

3

2

1

5

5) Are you _____ happy/comfortable?

(5)

4

3

2

1

5

6) Are you _____ fatigued?

(5)

4

3

2

1

5

7) Are you _____ drowsy?

5

4

(3)

2

1

3

8) Are you feeling _____ numb?

5

4

3

2

(1)

1

9) Are you _____ annoyed?

5

4

3

2

(1)

1

10) Are you cheerful?

5

4

3

(2)

1

5

1A

36

Name: JAI Essential oil: lavender

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76$ ✓

$6 \times 23 = 132$ ✗

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 1.5$ ✓

$121 - 32 = 89$ ✓

$7 + 12 + 9 = 28$ ✓

$64 / 4 = 16$ ✓

$15 / 6 = 2.5$ ✓

$56 + 9 + 13 = 78$ ✓

$8 \times 13 = 104$ ✓

$19 - (4 \times 3) = 7$ ✓

$44 / (20 / 5) = 11$ ✓

$6 \times (16 + 9) = 150$ ✓

$14 - 25 = -11$ ✓

$-23 + (7 \times 4) = 5$ ✓

$101 / 2 = 50.5$ ✓

$33 + 99 = 132$ ✓

$43 - (56 / 8) = 36$ ✓

$11 \times (4 - 12) = -88$ ✓

$29 \times 4 = 116$ ✓

$55 - (67 - 13) = 1$ ✓

$96 / (-14 + 38) = 4$ ✓

$$\begin{array}{r} 22 \\ 23 \end{array}$$

Name: Penil Essential oil: lavender

B Plus Rate 102

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

(5)	4	3	2	1	5
-----	---	---	---	---	---

2) How alert are you feeling right now?

5	(4)	3	2	1	4
---	-----	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	(3)	2	1	3
---	---	-----	---	---	---

4) Are you _____ calm and relaxed?

5	4	3	(2)	1	2
---	---	---	-----	---	---

5) Are you _____ happy/comfortable?

5	(4)	3	2	1	4
---	-----	---	---	---	---

6) Are you _____ fatigued?

5	4	(3)	2	1	3
---	---	-----	---	---	---

7) Are you _____ drowsy?

5	4	3	(2)	1	2
---	---	---	-----	---	---

8) Are you feeling _____ numb?

5	4	3	(2)	1	2
---	---	---	-----	---	---

9) Are you _____ annoyed?

5	4	(3)	2	1	3
---	---	-----	---	---	---

10) Are you cheerful?

5	(4)	3	2	1	4
---	-----	---	---	---	---

77

Name: Emil Essential oil: lavender ^A FK
als

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

- | | | | | | | | |
|-----|--|---|---|---|---|---|---|
| 1) | How energetic are you feeling right now? | 5 | 4 | 3 | 2 | 1 | 4 |
| 2) | How alert are you feeling right now? | 5 | 4 | 3 | 2 | 1 | 4 |
| 3) | Are you feeling _____ exhausted? | 5 | 4 | 3 | 2 | 1 | 3 |
| 4) | Are you _____ calm and relaxed? | 5 | 4 | 3 | 2 | 1 | 2 |
| 5) | Are you _____ happy/comfortable? | 5 | 4 | 3 | 2 | 1 | 4 |
| 6) | Are you _____ fatigued? | 5 | 4 | 3 | 2 | 1 | 2 |
| 7) | Are you _____ drowsy? | 5 | 4 | 3 | 2 | 1 | 2 |
| 8) | Are you feeling _____ numb? | 5 | 4 | 3 | 2 | 1 | 2 |
| 9) | Are you _____ annoyed? | 5 | 4 | 3 | 2 | 1 | 1 |
| 10) | Are you cheerful? | 5 | 4 | 3 | 2 | 1 | 4 |

LA

←
22

AFTER ANSWER QUESTION AIRC

PULSE RATE

3/

Name: Femi Essential oil: Camender

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76$ ✓

$6 \times 23 = 138$ ✓

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 1.5$ ✓

$121 - 32 =$

$7 + 12 + 9 =$

28 ✓

$64 / 4 =$

$15 / 6 =$

$56 + 9 + 13 =$

$8 \times 13 =$

$19 - (4 \times 3) =$

$44 / (20 / 5) =$

$6 \times (16 + 9) =$

$14 - 25 =$

$- 23 + (7 \times 4) =$

$101 / 2 =$

$33 + 99 =$

$43 - (56 / 8) =$

$11 \times (4 - 12) =$

$29 \times 4 =$

$55 - (67 - 13) =$

$96 / (-14 + 38) =$

A handwritten division problem, $\frac{6}{23}$, is circled. The number 6 is above the horizontal line, and 23 is below it.

for

Calculations

Appendix

Name: Simran Essential oil: lavender

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	(4)	3	2	1	4
---	-----	---	---	---	---

2) How alert are you feeling right now?

5	(4)	3	2	1	4
---	-----	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	(1)	1
---	---	---	---	-----	---

4) Are you _____ calm and relaxed?

5	4	(3)	2	1	3
---	---	-----	---	---	---

5) Are you _____ happy/comfortable?

5	4	3	(2)	1	2
---	---	---	-----	---	---

6) Are you _____ fatigued?

5	4	3	2	(1)	1
---	---	---	---	-----	---

7) Are you _____ drowsy?

5	4	3	(2)	1	2
---	---	---	-----	---	---

8) Are you feeling _____ numb?

5	4	3	2	(1)	1
---	---	---	---	-----	---

9) Are you _____ annoyed?

5	4	3	2	(1)	1
---	---	---	---	-----	---

10) Are you cheerful?

5	(4)	3	2	1	4
---	-----	---	---	---	---

1

Chosen are :=

1, 2, 4, 5, 7, 10

BEFORE HAVE AND CR

QUESTIONNAIRE & PUG

RATE

Index

Name: Simran

Essential oil: lavender

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1)

How energetic are you feeling right now?

5

4

3

2

1

3

2)

How alert are you feeling right now?

5

4

3

2

1

2

3)

Are you feeling _____ exhausted?

5

4

3

2

1

1

4)

Are you _____ calm and relaxed?

5

4

3

2

1

4

5)

Are you _____ happy/comfortable?

5

4

3

2

1

3

6)

Are you _____ fatigued?

5

4

3

2

1

2

7)

Are you _____ drowsy?

5

4

3

2

1

4

8)

Are you feeling _____ numb?

5

4

3

2

1

1

9)

Are you _____ annoyed?

5

4

3

2

1

1

10)

Are you cheerful?

5

4

3

2

1

3

LA

1

- ① - change - Decrease
- ② - no change
- ③ - change - Increase

After.
Lander.

Book

Name: Simon Essential oil: lavender

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 56$ ✓

$6 \times 23 = 138$ ✓

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 3/2$ ✓

$121 - 32 = 88$ ✗

$7 + 12 + 9 = 28$ ✓

$64 / 4 = 16$ ✓

$15 / 6 = 5/2$ ✓

$56 + 9 + 13 = 78$ ✓

$8 \times 13 = 104$ ✓

$19 - (4 \times 3) = 19 - 12 = 7$ ✓

$44 / (20 / 5) = 44 / 4 = 11$ ✓

$6 \times (16 + 9) = (6)(25) = 150$ ✓

$14 - 25 = -11$ ✓

$-23 + (7 \times 4) =$?

$101 / 2 =$?

$33 + 99 =$?

$43 - (56 / 8) =$?

$11 \times (4 - 12) =$?

$29 \times 4 =$?

$55 - (67 - 13) =$?

$96 / (-14 + 38) =$?

$\frac{13}{23}$

Name: Diana Agnew Essential oil: lavender

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

2) How alert are you feeling right now?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

3) Are you feeling _____ exhausted?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

4) Are you _____ calm and relaxed?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

5) Are you _____ happy/comfortable?

<u>5</u>	4	3	2	1	5
----------	---	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

7) Are you _____ drowsy?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

8) Are you feeling _____ numb?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

9) Are you _____ annoyed?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

10) Are you cheerful?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

25

Name: _____ Essential oil: lavender

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	3	2	1	2
---	---	---	---	---	---

2) How alert are you feeling right now?

5	4	3	2	1	1
---	---	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	1	2
---	---	---	---	---	---

4) Are you _____ calm and relaxed?

5	4	3	2	1	3
---	---	---	---	---	---

5) Are you _____ happy/comfortable?

5	4	3	2	1	2
---	---	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	1	1
---	---	---	---	---	---

7) Are you _____ drowsy?

5	4	3	2	1	2
---	---	---	---	---	---

8) Are you feeling _____ numb?

5	4	3	2	1	1
---	---	---	---	---	---

9) Are you _____ annoyed?

5	4	3	2	1	3
---	---	---	---	---	---

10) Are you cheerful?

5	4	3	2	1	4
---	---	---	---	---	---

LA

21

Name: _____ Essential oil: lavender

Here are your operations. Solve them as quickly as possible:

$4 \times 19 =$

$6 \times 23 =$

$14 + 33 =$

$5 \times 21 =$

$9 / 6 =$

$121 - 32 =$

$7 + 12 + 9 =$

$64 / 4 =$

$15 / 6 =$

$56 + 9 + 13 =$

$8 \times 13 =$

$19 - (4 \times 3) =$

$44 / (20 / 5) =$

$6 \times (16 + 9) =$

$14 - 25 =$

$-23 + (7 \times 4) =$

$101 / 2 =$

$33 + 99 =$

$43 - (56 / 8) =$

$11 \times (4 - 12) =$

$29 \times 4 =$

$55 - (67 - 13) =$

$96 / (-14 + 38) =$

8.

15
23

AVGNDGR

Shake -> Input

~

all

data ->

tree

↳

map

Name: Dwyane Ag

Essential oil: B

Lemon Grass PR 85/85

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5 ~~4~~ 3 2 1
Extremely Highly Moderately Slightly Not at all

1) How energetic are you feeling right now?

5 4 3 2 1

4

2) How alert are you feeling right now?

5 4 3 2 1

3

3) Are you feeling _____ exhausted?

5 4 3 2 1

1

4) Are you _____ calm and relaxed?

5 4 3 2 1

4

5) Are you _____ happy/comfortable?

5 4 3 2 1

4

6) Are you _____ fatigued?

5 4 3 2 1

1

7) Are you _____ drowsy?

5 4 3 2 1

1

8) Are you feeling _____ numb?

5 4 3 2 1

1

9) Are you _____ annoyed?

5 4 3 2 1

2

10) Are you cheerful?

5 4 3 2 1

4

✓

OK

Back

FEFOR
Lemon
Pulse
ATAS
Pate

~~Perkins~~
~~Center~~

my
Lemon

Name: Danyam

Essential oil: lemon

A PK 85
Grens

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5

4

3

2

1

3

2) How alert are you feeling right now?

5

4

3

2

1

2

3) Are you feeling _____ exhausted?

5

4

3

2

1

3

4) Are you _____ calm and relaxed?

5

4

3

2

1

5

5) Are you _____ happy/comfortable?

5

4

3

2

1

4

6) Are you _____ fatigued?

5

4

3

2

1

1

7) Are you _____ drowsy?

5

4

3

2

1

1

8) Are you feeling _____ numb?

5

4

3

2

1

1

9) Are you _____ annoyed?

5

4

3

2

1

2

10) Are you cheerful?

5

4

3

2

1

4

L

26.

Name: Dinyan Agramel Essential oil: Lemon Grass

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76 \quad \checkmark$

$6 \times 23 = 138 \quad \times$

$14 + 33 = 47 \quad \checkmark$

$5 \times 21 = 105 \quad \checkmark$

$9 / 6 = 1.5 \quad \checkmark$

$121 - 32 = 89 \quad \checkmark$

$7 + 12 + 9 = 27 \quad \times$

$64 / 4 = 16 \quad \checkmark$

$15 / 6 = 2.5 \quad \checkmark$

$56 + 9 + 13 = 78 \quad \checkmark$

$8 \times 13 = 104 \quad \checkmark$

$19 - (4 \times 3) = 7 \quad \checkmark$

$44 / (20 / 5) = 11 \quad \checkmark$

$6 \times (16 + 9) = 0.24 \quad \times$

$14 - 25 = -11 \quad \checkmark$

$-23 + (7 \times 4) = 7$

$101 / 2 = 9$

$33 + 99 =$

$43 - (56 / 8) =$

$11 \times (4 - 12) =$

$29 \times 4 =$

$55 - (67 - 13) =$

$96 / (-14 + 38) =$



Name: SIMRAN

Essential oil: lemon grass

A

PK [101]

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	3	2	1	3
---	---	---	---	---	---

2) How alert are you feeling right now?

5	4	3	2	1	2
---	---	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	1	1
---	---	---	---	---	---

4) Are you _____ calm and relaxed?

5	4	3	2	1	4
---	---	---	---	---	---

5) Are you _____ happy/comfortable?

5	4	3	2	1	4
---	---	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	1	2
---	---	---	---	---	---

7) Are you _____ drowsy?

5	4	3	2	1	4
---	---	---	---	---	---

8) Are you feeling _____ numb?

5	4	3	2	1	1
---	---	---	---	---	---

9) Are you _____ annoyed?

5	4	3	2	1	1
---	---	---	---	---	---

10) Are you cheerful?

5	4	3	2	1	3
---	---	---	---	---	---

10/10

Learn from Imprints

— Success

① - Change - Failure

② - No change

③ - Change - Success

Name: SIMRAN Essential oil: lemon

Here are your operations. Solve them as quickly as possible:

$4 \times 19 =$ 76 ✓

$6 \times 23 =$ 138 ✓

$14 + 33 =$ 47 ✓

$5 \times 21 =$ 105 ✓

$9 / 6 =$ 1.5 ✓

$121 - 32 =$ 89 ✓

$7 + 12 + 9 =$ 28 ✓

$64 / 4 =$ 16 ✓

$15 / 6 =$ 2.5 ✓

$56 + 9 + 13 =$ 78 ✓

$8 \times 13 =$ 104 ✓

$19 - (4 \times 3) =$ 7 ✓

$44 / (20 / 5) =$ 11 ✓

$6 \times (16 + 9) =$ 150 ✓

$14 - 25 =$ -11 ✓

$-23 + (7 \times 4) =$ 5 ✓

$101 / 2 =$ 50.5 ✓

$33 + 99 =$ 132 ✓

$43 - (56 / 8) =$ 36 ✓

$11 \times (4 - 12) =$ -88 ✓

$29 \times 4 =$ 116 ✓

$55 - (67 - 13) =$ 1 ✓

$96 / (-14 + 38) =$ 4 ✓



Name: _____ Essential oil: lemon Greens

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	3	2	1	4
---	---	---	---	---	---

2) How alert are you feeling right now?

5	4	3	2	1	5
---	---	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	1	2
---	---	---	---	---	---

4) Are you _____ calm and relaxed?

5	4	3	2	1	4
---	---	---	---	---	---

5) Are you _____ happy/comfortable?

5	4	3	2	1	4
---	---	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	1	4
---	---	---	---	---	---

7) Are you _____ drowsy?

5	4	3	2	1	2
---	---	---	---	---	---

8) Are you feeling _____ numb?

5	4	3	2	1	1
---	---	---	---	---	---

9) Are you _____ annoyed?

5	4	3	2	1	2
---	---	---	---	---	---

10) Are you cheerful?

5	4	3	2	1	3
---	---	---	---	---	---

1

31

Name: JAI Essential oil: Lemon

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

68
PR
68

5	4	3	2	1	
Extremely	Highly	Moderately	Slightly	Not at all	
1) How energetic are you feeling right now?					
5	4	3	2	1	2
2) How alert are you feeling right now?					
5	4	3	2	1	3
3) Are you feeling _____ exhausted?					
5	4	3	2	1	5
4) Are you _____ calm and relaxed?					
5	4	3	2	1	5
5) Are you _____ happy/comfortable?					
5	4	3	2	1	4
6) Are you _____ fatigued?					
5	4	3	2	1	5
7) Are you _____ drowsy?					
5	4	3	2	1	3
8) Are you feeling _____ numb?					
5	4	3	2	1	1
9) Are you _____ annoyed?					
5	4	3	2	1	1
10) Are you cheerful?					
5	4	3	2	1	4

AFTER

LEMON GRASS

QUESTONNAIRE

~~QUESTONNAIRE~~

~~QUESTONNAIRE~~

Name: TAIEssential oil: Lemon

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76$ ✓

$6 \times 23 = 132$ ✓

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 1.5$ ✓

$121 - 32 = 89$ ✓

$7 + 12 + 9 = 28$ ✓

$64 / 4 = 16$ ✓

$15 / 6 = 2.5$ ✓

$56 + 9 + 13 = 78$ ✓

$8 \times 13 = 104$ ✓

$19 - (4 \times 3) = 7$ ✓

$44 / (20 / 5) = 11$ ✓

$6 \times (16 + 9) = 150$ ✓

$14 - 25 = -11$ ✓

$-23 + (7 \times 4) = 5$ ✓

$101 / 2 = 50.5$ ✓

$33 + 99 = 132$ ✓

$43 - (56 / 8) = 36$ ✓

$11 \times (4 - 12) = -88$ ✓

$29 \times 4 = 116$ ✓

$55 - (67 - 13) = 1$ ✓

$96 / (-14 + 38) = 4$ ✓



CALCULATIONS

LEMON GRASS

John

Name: Fenil Essential oil: BU

Rose Pulse rate 100

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

(5)	4	3	2	1	5
-----	---	---	---	---	---

2) How alert are you feeling right now?

(5)	4	3	2	1	5
-----	---	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	(3)	2	1	3
---	---	-----	---	---	---

4) Are you _____ calm and relaxed?

5	4	(3)	2	1	3
---	---	-----	---	---	---

5) Are you _____ happy/comfortable?

5	(4)	3	2	1	2 4
---	-----	---	---	---	----------------

6) Are you _____ fatigued?

5	4	3	2	(1)	1
---	---	---	---	-----	---

7) Are you _____ drowsy?

5	4	3	(2)	1	2
---	---	---	-----	---	---

8) Are you feeling _____ numb?

5	4	(3)	2	1	3
---	---	-----	---	---	---

9) Are you _____ annoyed?

5	4	3	(2)	1	2
---	---	---	-----	---	---

10) Are you cheerful?

5	(4)	3	2	1	4
---	-----	---	---	---	---

32

Name: _____ Essential oil: After Rosemary 118.

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1	
Extremely	Highly	Moderately	Slightly	Not at all	
1) How energetic are you feeling right now?					
5	4	3	2	1	2
2) How alert are you feeling right now?					
5	4	3	2	1	3
3) Are you feeling _____ exhausted?					
5	4	3	2	1	2
4) Are you _____ calm and relaxed?					
5	4	3	2	1	4
5) Are you _____ happy/comfortable?					
5	4	3	2	1	4
6) Are you _____ fatigued?					
5	4	3	2	1	5
7) Are you _____ drowsy?					
5	4	3	2	1	4
8) Are you feeling _____ numb?					
5	4	3	2	1	3
9) Are you _____ annoyed?					
5	4	3	2	1	3
10) Are you cheerful?					
5	4	3	2	1	4
					34

JOSEPH

1

Name: Fend

Essential oil: Rosemary

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 126$ ✓

$6 \times 23 = 138$ ✓

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 1.5$ ✓

$121 - 32 = 89$ ✓

$7 + 12 + 9 = 28$ ✓

$64 / 4 = 16$ ✓

$15 / 6 = 2.5$

$56 + 9 + 13 = 78$

$8 \times 13 = 104$

$19 - (4 \times 3) = 5$

$44 / (20 / 5) = 11$

$6 \times (16 + 9) = 150$

$14 - 25 = -11$

$-23 + (7 \times 4) = 5$

$101 / 2 = 50.5$

$33 + 99 = 132$

$43 - (56 / 8) = 34$

$11 \times (4 - 12) = -88$

$29 \times 4 = 116$

$55 - (67 - 13) = 1$

$96 / (-14 + 38) = 4$

16

$\frac{6}{23}$

AGRICULTURAL
UNIT

ROSEMARY

Hebe → Tjaden
air

data → even
↓
most

Name: JAI

Essential oil: B4 R

Pulse rate
70

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

2) How alert are you feeling right now?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

3) Are you feeling _____ exhausted?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

4) Are you _____ calm and relaxed?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

5) Are you _____ happy/comfortable?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

6) Are you _____ fatigued?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

7) Are you _____ drowsy?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

8) Are you feeling _____ numb?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

9) Are you _____ annoyed?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

10) Are you cheerful?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

29

BEFORE : ROSAMARY

QUESTIONNAIRES WITH SCORES

AND PULST RATE

Under

Pulse
Rate

Name: Jan Essential oil: A Rosemary ~~78~~.

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1	
Extremely	Highly	Moderately	Slightly	Not at all	
1) How energetic are you feeling right now?					
5	4	3	2	1	2
2) How alert are you feeling right now?					
5	4	3	2	1	2
3) Are you feeling _____ exhausted?					
5	4	3	2	1	3
4) Are you _____ calm and relaxed?					
5	4	3	2	1	5
5) Are you _____ happy/comfortable?					
5	4	3	2	1	4
6) Are you _____ fatigued?					
5	4	3	2	1	4
7) Are you _____ drowsy?					
5	4	3	2	1	2
8) Are you feeling _____ numb?					
5	4	3	2	1	1
9) Are you _____ annoyed?					
5	4	3	2	1	1
10) Are you cheerful?					
5	4	3	2	1	4
					28.

R.

Name: JAI

Essential oil: Rosemary

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76 \quad \checkmark$

$6 \times 23 = 138 \quad \checkmark$

$14 + 33 = 47 \quad \checkmark$

$5 \times 21 = 105 \quad \checkmark$

$9 / 6 = 1.5 \quad \checkmark$

$121 - 32 = 89 \quad \checkmark$

$7 + 12 + 9 = 28 \quad \checkmark$

$64 / 4 = 16 \quad \checkmark$

$15 / 6 = 2.5 \quad \checkmark$

$56 + 9 + 13 = 78 \quad \checkmark$

$8 \times 13 = 104 \quad \checkmark$

$19 - (4 \times 3) = 7 \quad \checkmark$

$44 / (20 / 5) = 11 \quad \checkmark$

$6 \times (16 + 9) = 150 \quad \checkmark$

$14 - 25 = -11 \quad \checkmark$

$-23 + (7 \times 4) = 5 \quad \checkmark$

$101 / 2 = 50.5 \quad \checkmark$

$33 + 99 = 132 \quad \checkmark$

$43 - (56 / 8) = 36 \quad \checkmark$

$11 \times (4 - 12) = -88 \quad \checkmark$

$29 \times 4 = 116 \quad \checkmark$

$55 - (67 - 13) = 1 \quad \checkmark$

$96 / (-14 + 38) = 4 \quad \checkmark$

$$\begin{array}{r} 22 \\ \times 23 \\ \hline \end{array}$$

DAI.

~~POSCALITY~~

CALCULATIONS

page

Name: Saman

Essential oil: Rosemary

Before Pulse 95

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

2) How alert are you feeling right now?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

3) Are you feeling _____ exhausted?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

4) Are you _____ calm and relaxed?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

5) Are you _____ happy/comfortable?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

6) Are you _____ fatigued?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

7) Are you _____ drowsy?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

8) Are you feeling _____ numb?

5	4	3	2	<u>1</u>	1
---	---	---	---	----------	---

9) Are you _____ annoyed?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

10) Are you cheerful?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

22

Name: Lincoln


Essential oil: After Rosemary

Pulse
Rate
104

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1	
Extremely	Highly	Moderately	Slightly	Not at all	
1) How energetic are you feeling right now?					
5	4	3	2	1	1
2) How alert are you feeling right now?					
5	4	3	2	1	2
3) Are you feeling _____ exhausted?					
5	4	3	2	1	2
4) Are you _____ calm and relaxed?					
5	4	3	2	1	3
5) Are you _____ happy/comfortable?					
5	4	3	2	1	3
6) Are you _____ fatigued?					
5	4	3	2	1	4
7) Are you _____ drowsy?					
5	4	3	2	1	4
8) Are you feeling _____ numb?					
5	4	3	2	1	2
9) Are you _____ annoyed?					
5	4	3	2	1	2
10) Are you cheerful?					
5	4	3	2	1	2



AFTER ROSEMARY
QUESTIONNAIRE BOTH
SCORES AND PULSE RATE
DROPPED

Name: Simon

Essential oil: Peppermint

Here are your operations. Solve them as quickly as possible:

$4 \times 19 = 76$ ✓

$6 \times 23 = 138$ ✓

$14 + 33 = 47$ ✓

$5 \times 21 = 105$ ✓

$9 / 6 = 3/2$ ✓

$121 - 32 = 89$ ✓

$7 + 12 + 9 = 28$ ✓

$64 / 4 = 16$ ✓

$15 / 6 = 5/2$ ✓

$56 + 9 + 13 = 78$ ✓

$8 \times 13 = 104$ ✓

$19 - (4 \times 3) = 19 - 12 = 7$ ✓

$44 / (20 / 5) = 44 / 4 = 11$ ✓

$6 \times (16 + 9) = 6 \times 25 = 150$ ✓

$14 - 25 = -11$ ✓

$-23 + (7 \times 4) =$?

$101 / 2 = 50.5$ ✓

$33 + 99 = 132$ ✓

$43 - (56 / 8) =$?

$11 \times (4 - 12) =$?

$29 \times 4 =$?

$55 - (67 - 13) =$?

$96 / (-14 + 38) =$?

✓6

17
23

12
3
89

2
13
x 8
104

51M2AN .

Name: Divyam Agrawal

Essential oil: Bg R

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

Pulse
Rate
72

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

(5)	4	3	2	1	5
-----	---	---	---	---	---

2) How alert are you feeling right now?

5	4	(3)	2	1	3
---	---	-----	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	(1)	1
---	---	---	---	-----	---

4) Are you _____ calm and relaxed?

5	4	3	2	(1)	1
---	---	---	---	-----	---

5) Are you _____ happy/comfortable?

5	(4)	3	2	1	4
---	-----	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	(1)	1
---	---	---	---	-----	---

7) Are you _____ drowsy?

5	4	3	2	(1)	1
---	---	---	---	-----	---

8) Are you feeling _____ numb?

5	4	3	2	(1)	1
---	---	---	---	-----	---

9) Are you _____ annoyed?

5	4	3	2	(1)	1
---	---	---	---	-----	---

10) Are you cheerful?

(5)	4	3	2	1	5
-----	---	---	---	---	---

23.

1, 2, 4, 5, 7, 10

Chosen are:-

Booster
Bifidobacterium

Name: Dinyam Agrawal

Essential oil: Rose marry

After Pulse
Date:
76

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	4	3	2	1	3
---	---	---	---	---	---

2) How alert are you feeling right now?

5	4	3	2	1	2
---	---	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	3	2	1	1
---	---	---	---	---	---

4) Are you _____ calm and relaxed?

5	4	3	2	1	5
---	---	---	---	---	---

5) Are you _____ happy/comfortable?

5	4	3	2	1	5
---	---	---	---	---	---

6) Are you _____ fatigued?

5	4	3	2	1	1
---	---	---	---	---	---

7) Are you _____ drowsy?

5	4	3	2	1	1
---	---	---	---	---	---

8) Are you feeling _____ numb?

5	4	3	2	1	1
---	---	---	---	---	---

9) Are you _____ annoyed?

5	4	3	2	1	1
---	---	---	---	---	---

10) Are you cheerful?

5	4	3	2	1	3
---	---	---	---	---	---

23

Heck

After
Pocoman.

① → change → Increased.

② → No change.

③ → change → Fallen

Name: _____ Essential oil: _____

Here are your operations. Solve them as quickly as possible:

$4 \times 19 =$

✓

$6 \times 23 =$

✓

$14 + 33 =$

✓

$5 \times 21 =$

✓

$9 / 6 =$

✓

$121 - 32 =$

✓

$7 + 12 + 9 =$

✓

$64 / 4 =$

✓

$15 / 6 =$

✓

$56 + 9 + 13 =$

✓

$8 \times 13 =$

✓

$19 - (4 \times 3) =$

9

$44 / (20 / 5) =$

9

$6 \times (16 + 9) =$

9

$14 - 25 =$

$- 23 + (7 \times 4) =$

$101 / 2 =$

$33 + 99 =$

$43 - (56 / 8) =$

$11 \times (4 - 12) =$

$29 \times 4 =$

$55 - (67 - 13) =$

$96 / (-14 + 38) =$

-12

$\frac{11}{23}$

DIVYAM
CALCULATIONS

Name: Femi

Essential oil: B

Lemon Grass PK 102

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

2) How alert are you feeling right now?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

3) Are you feeling _____ exhausted?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

4) Are you _____ calm and relaxed?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

5) Are you _____ happy/comfortable?

5	<u>4</u>	3	2	1	4
---	----------	---	---	---	---

6) Are you _____ fatigued?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

7) Are you _____ drowsy?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

8) Are you feeling _____ numb?

5	4	3	<u>2</u>	1	2
---	---	---	----------	---	---

9) Are you _____ annoyed?

5	4	<u>3</u>	2	1	3
---	---	----------	---	---	---

10) Are you cheerful?

<u>5</u>	4	3	2	1	5.
----------	---	---	---	---	----

27

Name: Feril.

Essential oil: lemon balm

A

PR
105

Rate the following, from extremely or always, to not at all or never.

Use the following 5 point scale. Circle your answers:

5	4	3	2	1
Extremely	Highly	Moderately	Slightly	Not at all

1) How energetic are you feeling right now?

5

4

3

2

1

5

2) How alert are you feeling right now?

5

4

3

2

1

4

3) Are you feeling _____ exhausted?

5

4

3

2

1

3

4) Are you _____ calm and relaxed?

5

4

3

2

1

3

5) Are you _____ happy/comfortable?

5

4

3

2

1

4

6) Are you _____ fatigued?

5

4

3

2

1

3

7) Are you _____ drowsy?

5

4

3

2

1

2

8) Are you feeling _____ numb?

5

4

3

2

1

2

9) Are you _____ annoyed?

5

4

3

2

1

1

10) Are you cheerful?

5

4

3

2

1

4

11

LEMON GRASS.

data → Typed in
all

data → stored
↓
word

Name: Faail Essential oil: lemon

Here are your operations. Solve them as quickly as possible:

✓ $4 \times 19 = 76$

✓ $6 \times 23 = 138$

✓ $14 + 33 = 47$

✓ $5 \times 21 = 105$

✓ $9 / 6 = 1.5$

✓ $121 - 32 = 89$

✓ $7 + 12 + 9 = 18$

✓ $64 / 4 = 16$

✓ $15 / 6 = 2.5$

✓ $56 + 9 + 13 = 78$

✓ $8 \times 13 = 104$

✓ $19 - (4 \times 3) = 7$

✓ $44 / (20 / 5) = 11$

✓ $6 \times (16 + 9) = 150$

✓ $14 - 25 = -11$

✓ $-23 + (7 \times 4) = 5$

✓ $101 / 2 = 50.5$

$33 + 99 =$

$43 - (56 / 8) =$

$11 \times (4 - 12) =$

$29 \times 4 =$

$55 - (67 - 13) =$

$96 / (-14 + 38) =$



LEMON GRASS.

Author → Typed in
all
data → find
↓
wood